Optimism is a belief that things will turn out well. It's a positive outlook on life. Optimism can be helpful in many areas of life, including school.

The authors of this study conducted a meta-analysis of 101 studies that examined the relationship between optimism and academic achievement. They found that optimism was positively related to academic achievement, even after controlling for other factors such as intelligence and gender. The effect size of the relationship between optimism and academic achievement was small to medium.

The authors suggest that optimism may be related to academic achievement in a number of ways. Optimistic people may be more likely to set challenging goals, go on in the face of setbacks, and use effective learning strategies. They may also be more likely to seek help when they need it and to maintain a positive attitude even when things are difficult. There are also some limitations of this research for instance: The studies were conducted in a variety of settings, making it difficult to generalize the results to all students and also used a variety of methods to measure optimism, making it difficult to compare the results across studies.

The authors conclude that optimism is a potentially important factor in academic achievement. They suggest that interventions designed to increase optimism may be helpful for students who are struggling academically.

"Optimism and academic achievement: A meta-analytic review" by Suzanne C. Segerstrom and Laura R. Miller"

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